

As a means of answering your questions and providing helpful information about valuable area resources, the following information has been provided. If you need further assistance, please do not hesitate to contact Congressman Carnahan's office.

EMERGENCY RELIEF CONTACT INFORMATION

911

During life-threatening situations, dial 911.

Red Cross - Disaster Relief

1-866-GET-INFO (1-866-438-4636)

www.redcross.org

Learn how to be prepared for natural and man-made disasters. E-mail beprepared@redcrossstl.org or call 1-314-516-2753 to get information on staying safe.

Homeland Security

1-202-282-8000

www.ready.gov

For recommendations for items to include in an emergency kit and ideas on how to contact family members during an emergency, contact Homeland Security.

National Weather Service

The National Weather Service website, www.nws.noaa.gov, offers up to the minute forecasts, including emergency watches and warnings as well as current and expected levels of area rivers. You may also tune in to NOAA Weather Radio (NWR) broadcasts for official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week. The location and frequency of your nearest NWR station:

WWG49 Fredricktown 162.500
KD089 Shrewsbury 162.500

ASSISTANCE SERVICES CONTACT INFORMATION

Federal Emergency Management Agency (FEMA)

1-800-621-FEMA

www.fema.gov

U.S. Small Business Administration

1-800-659-2955

www.sba.gov

GUIDE: PREPARING FOR THE UNEXPECTED

FLOODS

Before a flood

- Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- Install "check valves" in sewer traps to prevent flood water from backing up into the drains of your home.
- Construct barriers (levees, beams, floodwalls) to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds to avoid seepage.

During a flood

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

If you must prepare to evacuate:

- Secure your home. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so.

If you have to leave your home:

- Do not walk through moving water.
- Do not drive in flooded areas.

After a flood

- Listen for news reports to learn whether the community's water supply is safe.
- Return home only when authorities indicate it is safe.
- Use extreme caution when entering buildings; there may be hidden damage.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible.
- Clean and disinfect everything that got wet.

TORNADOS

During a tornado

- If indoors, shelter in a pre-designated area such as a safe room, basement, storm cellar or lowest building level.
- If in a vehicle, trailer or mobile home: Never try to outrun a tornado in a vehicle. Get out immediately and go to the lowest floor of a sturdy nearby building or storm shelter.
- If outdoors, lie "at in a ditch or depression and cover your head with your hands. Be aware of the potential for flooding.

EARTHQUAKES

During an earthquake

- If indoors, take cover under a sturdy piece of furniture and hold on until the shaking stops. If there is no furniture nearby, cover your face and head with your arms and crouch in an inside corner of the building. Avoid glass, windows, exterior doors and walls, and anything that could fall.
- If outdoors, move away from buildings, streetlights, and utility wires. Once in the open, stay there until the shaking stops.
- If in a moving vehicle, stop as quickly as safety permits and remain in the vehicle.